GOOD NEWS FOR HOMEMAKERS

BY SHIRLEY W. WALTON
Extension Agent

More From a Steer Than Just Steak

Do you think of livestock as only a source of meat? "Beef on the hoof" is a term we hear often in reference to the value of a steer and broadened to include the beef cattle industry as a whole. A little known fact to most consumers is that there are a lot of good things that the steer and the beef industry provide to help us maintain a better and healthier standard of living.

The Beef Industry Council of the National Livestock and Meat Board supplies the following amazing facts based on a 1,000-pound market steer, from which 482 pounds of beef might be realized. We already know the importance of the tremendous quantity of high protein beef that is provided by the 35 to 40 million cattle slaughtered each year. What we do not realize though is the contribution that the beef industry makes a few steps beyond the dinner table.

Besides the 482 pounds of beef supplied by a 1,000-pound steer, there are other products obtained, which include edible and inedible by-products, from which a variety of foods, pharmaceuticals, cosmetics, & clothing are made. From the edible by-products list, we find variety meats, such as liver, heart, kidneys, brains, tripe, sweetbreads, and tongue -- all with high nutritive value and considered delicacies by gourmets. Other edible by-products are fats which yield oleo stock and oleo oil for margarine and baker's shortening. Oleo stearing is used in making chewing gum and other kinds of candies. Gelatin from the bones, horns, and skin is used in marshmallows, ice cream, canned meats, and gelatin desserts. Some sausage casings and surgical sutures are made from the intestines.

From the inedible by-products come the hide, which may be made into three types of leather. From the hide also comes felt, certain textiles, and a base for many ointments. Hair from the hide is used in the production of rug pads and insulation and the fine hair from the ear is used to make the so- called "camel hair" artist's brushes.

From the inedible fats come glycerine used in explosives, lipsticks, face and hand creams, and some medicines, as well as industrial oils and lubricants, tallow for tanning and soap. From the fatty aids come products used in chemicals, biodegradable detergents, pesticides, and flotation agents. One of the acids, stearic is used to make automobile tires run cooler and, therefore, last longer. From the bones, horns, and hooves come buttons, bone china, piano keys, glues and adhesives, animal feeds and fertilizers, neatsfoot oil, noneible gelatin for photographic film, paper and wall paper, combs, toothbrushes, and violin strips.

The pharmaceuticals that come from cattle are almost unbelieveable, both from the standpoint of variety and the numbers. At present there are more than 100 individual drugs derived from cattle, with more being developed with time. These include insulin used by diabetics and drugs which perform such vital functions as helping babies digest milk, spurring a sluggish thyroid gland, preventing blood clots in the vessels of the heart, settling an upset stomach, and helping to make childbirth safer.

Since we can't adequately measure the full value of beef by-products, we can't figure the real monetary value of these good things that help to keep the price we pay for beef at the retail counter at a relatively low level.

RECIPE OF THE WEEK
Apple Coffeecake

½ cup shortening
1 cup sugar
1 teaspoon vanilla extract
1 teaspoon salt
2 eggs
2½ cups all-purpose flour
1 teaspoon ground cinnamon
1 teaspoon baking powder
1 teaspoon soda
1 cup commercial sour cream
2 cups peeled, chopped apples
½ cup chopped black walnuts
½ cup brown sugar

Cream together shortening, sugar, vanilla, and salt. Add eggs and beat well. Combine flour, baking powder, and soda, add to creamed mixture alternately with sour cream. Fold in chopped apples.

Pour into a greased 13 x 9 x 2 inch pan. Sprinkle top evenly with chopped black walnuts. Combine brown sugar and cinnamon and sprinkle over nuts. Bake at 350 degrees for 25 to 30 minutes. Yield: 12 servings.

YOUNG HEARTS CLUB TO MEET FEB. 24th

The Young Hearts Club will meet Thursday, February 24th at 10:30 a.m. at the Memorial United Methodist Church.

This will be a special meeting and a good fellowship together with a covered dish luncheon at 1 p.m. Beverages will be furnished by the club.

Plan to attend.

FBLA Reports

The Future Business Leaders of America held their monthly meeting on January 5,1977 in the Appomattox County High School cafeteria.

Debbie Moore called the meeting to order. Treasurer's report was given by Cindy Almond and Devotions were given by Cindy Roach.

We had a very interesting meeting this month. The C. O. E. and work study students shared some of their duties and experiences with the members of the Chapter. We were also very happy to award certificates to the following members for their participation in the regional spelling and math test: Spelling - Cindy Roach and Shelly Davidson; Math - Debbie Roach, Kathy Mitchell, and Janice Giles.

The meeting was adjourned by President Debbie Moore.

Beth Jones,
Reporter

Pamplin

Our sympathy is extended to the family of Mrs. B. L. Shepherd.

Mrs. Richard Williams is visiting her son-in-law and daughter, Mr. and Mrs. Ed Shepherd and family in Savannah, Ga. Mr. and Mrs. Shepherd are the proud parents of another little girl, born last Tuesday.

Miss Pam Williams and Mr. Tom Harris spent last Sunday at Natural Bridge.

Mrs. Joe Jurney and family, of Danville, visited relatives last Thursday.

Mr. Sterling Davis is a patient in Portsmouth General Hospital.

Visitors in the home of Mrs. W. M. Black recently were her nephews, Lt. Col. George Bowls, Mrs. Bowles and three sons, of Charlottesville and Mr. Glenn Dale, of Buena Vista.

Mrs. E. N. Cunningham and Mrs. Glenn Longsworth, of Farmville, are spending a few days with Mr. and Mrs. Harry Isbell, Mechanicsville.

The Pamplin Chapter of Eastern Star held their regular meeting last Tuesday night.

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FBLA Girl of the Month

Lynn Reynolds was named as the January FHA Girl of the Month at the monthly meeting of the Appomattox Chapter Future Homemakers of America on January 26, 1977.

Lynn has been very active in FHA this year serving as co-chariman of the Welfare Committee. She participated in the Halloween Party which the Welfare Committee gave the TMR class and she also went to the Miller Home when the Welfare Committee gave them a Christmas Party.

Lynn is the daughter of Mr. and Mrs. Ralph Reynolds of Appomattox.

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Personal liability insurance: This covers you for non-car, non-business liability risks. It provides for payment of actual medical expenses for accidental bodily injury (to persons other than the residents of your home) and payment for loss to property of others, regardless of your legal liability. It also covers claims against you for accidental bodily injury, death or property damage to others on your premises or elsewhere caused by you, a member of your family or by your pets.

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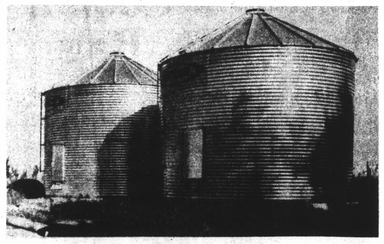

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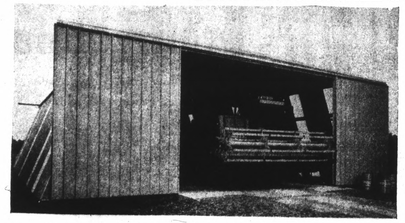

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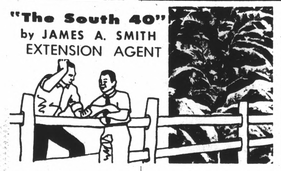

"The South 40"

by JAMES A. SMITH
EXTENSION AGENT

For the past two years there have been numerous reports of long distance telephone calls offering pesticides for sale. You can expect these calls to begin again in a few weeks. These salesmen are well trained with high pressure tactics. One handle that has been put on these super salespeople is "Pesticide Hookers."

What should be your response to these calls? Number one -- make it unmistakably clear to any telephone huckster that you are not interested in their product and will not pay for it if it is delivered. Some who have wavered on whether to accept delivery have discovered that in a few days there's a C.O.D. shipment awaiting their pick-up.

Number two -- after you have made your position clear but would like to help stop this type of merchandizing collect the following information and report it to our office: date of call, caller's name, his company, his phone number, the product, the manufacturer, and the E.P.A. registration number of the product. We'll see that this information is forwarded to the appropriate agency.

* * *

The Appomattox Cattlemen will hold their Annual Meeting February 17, at the John Mosby Inn, 6:30. Sam Martin, President, tells me that there will be a steamship round of beef served buffet style. There are 140 beef producers in Appomattox County and only a third are members. Why don't you, if you are not a member, turn out for this meeting and be a part of the group.

* * *

Dark Fire Cured Hybrid Tobacco (312 x 331) seed are available locally. A number of growers have used this variety in prior years, but seed was not available for the '76 crop.

* * *

January planting intentions show corn up 5 to 1 percent and soybeans up 6 percent nationally. In Virginia, corn is expected to be down one percent and soybeans up only 2 percent.

* * *

Everyone is trying to find something good about the cold weather. Many people are suggesting that there just won't be many insects this summer.

Take the Japanese Beetle for example; it spends the winter in the soil. Although January temperatures set record lows - remember these were air temperature readings, not the temperature of the soil where the grub is spending the winter. Soil temperature is greatly affected by the presence or absence of snow cover. Snow acts as a very efficient insulator in holding temperature of the soil to within a few degrees of the freezing point of water. So as long as there's even an inch or two of snow there is no harmful effect on the grub.

Way back in 1934 when we experienced a very severe winter a USDA Entomologist and his co-worker reported only a 13% drop in grub population, but this is only a normal winter kill.

With the cover of snow, soil insects are "smug as a bug in a rug" -- after all, these animals have been around for 250 million years -- one cold winter won't do them in.

* * *

PRECIPITATION:

Last Week	0
This Month	0
This Year	1.75

ROCKS

Feb.7-The weather is top conversation here as other areas. Altho' it is extremely cold Va. is not covered in snow as much as other areas are. Just stop and count your blessings. Maybe this is a way the Lord has to let people know they should appreciate their natural resources and be more conservative with what they do have.

The Friendship Circle had their meeting with Mary Edith Morris on Tuesday afternoon. We had another member to join us, Mrs. Kate Dinkins.

A number from here attended the funeral of Mrs. Lou Johnson at Prospect on Tuesday afternoon..

Mrs. Pearl Wilson spent Thursday with Mrs. Christine Ranson who is not feeling well.

Sympathy is extended the Shelton family in the death of their mother, Louise on Monday night.

Misses Cindy and Debbie Roach honored Betty Lou and Mike with a party on January 27. A gift was presented them by the hostesses.

Mr. and Mrs. Benny Crain 'are all smiles', it's a boy, Chad Bryan born at Va. Baptist Hospital on Feb. 1st.

Sympathy is extended Mrs. Nannie B. Seay in the death of her brother, John Wright of Perry Point, Md. who died in a hospital in Lynchburg. Funeral at Robinson's Funeral Home Monday morning, burial in Lynchburg.

Bob Addison of Norfolk wife was Bee Ranson and not Bee Baldwin as stated in the paper last week.

Friends here are sorry to hear Rev. J.C. Miller underwent surgery at a hospital in Richmond last Wednesday. A speedy recovery is wished him.

The pastors conference met at Elon Church Monday(today.) Lunch was furnished them.

Congratulations to Mr. & Mrs. Bud Crain who were made grandparents last week. This was the first grandchild in the Crain family.

Mr. and Mrs. Raymond Hamlin, Sr. are happy to have her parents, Mr. and Mrs. D.B. Chandler of Rice closer by. They are at the home of Mrs. Lillie Jennings of near Evergreen.

Mr. and Mrs. Clarence Richardson were dinner guests of Mr. and Mrs. Joe Almond and children Sunday.

The two new deacons ordained at Rocks Sunday morning were Glenn Morris and Aulden Roach. It was very cold but a large crowd attended the services. 43 visitors attended. Rev. Winifred Elder was made Pastor Emeritus for many years in the ministry. A folder was presented him for the many letters he received for it by Lloyd Richardson. Remarks and presentation by Helen Inge in appreciation of Mrs. Gillette Elder. A certificate was given her. A number of guests were recognized. Many came from Schulyer, Va., Lynchburg, Brookneal, Darlington Heights, Winginia, Stewardsville, Appomattox, Clover Bottom and etc.

It was a wonderful service and enjoyed by all. Special music by the adult choir, Quintet by 5 girls, and Betty Rhodenizer.

CLASSIFIED ADS GET RESULTS

CUB SCOUTS HELD PINEWOOD DERBY SATURDAY

CUB SCOUTS HELD PINEWOOD DERBY

Cub Scout 546 of Appomattox County held its Annual Pinewood Derby competition on Saturday, Feb. 5, 1977 at the Memorial United Methodist Church.

There were 17 racers entered from Pack 546: Steven Greenbaum, Scott Almond, Roger Steinkamp, Gary Long, Leon Watkins, Steven Thoma, Warren Thoma, Dennis Reynolds, J. D. Simpson, Mike Hansen, Donald Martin, Jack Williams, Gene Thompson, Kenneth Mayberry, Russell Hudson, Todd Neathawk, and Mike Roach.

The race was officiated by Mr. Samuel Reynolds. Mr. Warren Watkins and Mr. Donald Almond assisted.

The official weigh-in was by Mr. Norman Hansen.

The official judges of the race heats were Mr. David Dell and Rev. Edward Leonard.

The track, which was 35 feet long, was constructed through the efforts of Mr. Ronald Steinkamp and Mr. David Greenbaum.

The awards, presented by Rev. Leonard, Cub Master, were awarded to the boys pictured left to right above, Roger Steinkamp, Third place; Jack Williams, Second place; and Gary Long, First Place.

Three Special Category Awards for Construction of their cards were presented to the winners pictured from left to right: Third Place, Russell Hudson; Second Place, Scott Almond; First Place, Steven Greenbaum.

All contestants were awarded a Participation Ribbon for their efforts.

First, Second and Third Place winners will go on to compete in the District race.

The cars were constructed through a father-son effort. Each boy's entire family came to cheer him on. It was an exciting event and thoroughly enjoyed by all who attended.

WINNERS IN DERBY

CAR CONSTRUCTION WINNERS

STONEWALL

"And when the Lord saw her, He had compassion on her, and said unto her, weep not." Luke 7:13

So glad to report the successful operation of Mrs. Annette Alvis. She is half way now for another operation is schedyled for a later date.

Those visiting Rev. and Mrs. Edgar Mitchell over the week end were from Bluefield College. They gave a nice program at Hebron Sunday.

Mr. and Mrs. I. B. Wheeler H. B. Jones and Richard for visitors Sunday.

Mr. Richard Jones visited Mrs. Elsie and Nina Caldwell Sunday afternoon.

Mr. and Mrs. Pickeral visited Mr. and Mrs. Hop Elliott Saturday.

Mr. and Mrs. Marvin Taylor has moved into their new home near Hebron Church. We are all so glad they are close by us.

Mrs. Elsie Krantz spent Thursday,in Lynchburg.

Mrs. Lyle Gilbert is still on the sick list but is improving slowly.

I dare say not one of us will be sad when this cold weather comes to an end. Just think of those who have been snowed in for so long. So we are not so bad off after all.

The sick in the community are about the same.

Mr. Richard Bondurant spent the week end with his sister, Mrs. Ronnie McNaulty at Chester, Va.

NEED OFFICE SUPPLIES?
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Mike Weiss On Lynchburg College Program

LYNCHBURG - Michael Weiss, of Appomattox, was a participant in a Career/Educational Opportunities Program held at Lynchburg College Feb. 2. A graduate of Lynchburg College, Weiss met with students who were interested in learning about careers in banking and loan associations.

During the all-day event, the College focused attention on its liberal arts academic program and the career possibilities presented after graduation.

"The purpose of the program," stated Mrs. Joy Flowers, career planning counselor, "was to aid students in making knowledgeable academic and career choices. By involving alumni, we were able to show students how specific majors could be applied to careers, as well as the influences that a liberal arts education can have on their lives."

Lynchburg College is a senior coeducational college of liberal arts and sciences located in Lynchburg, Va. The under-graduate enrollment is approximately 1500.

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that in the wake of unofficial similar practice, in auto, gas, oil, tires, so many million-dollar awards have been made since 1970 then in all the years before. The growing volume of such suits is adding more than $3 billion to the nation's annual cost of health care, according to HEW.

What's the point? The point is, this is just one of the many circumstances helping to push the cost of insurance beyond the reach of many.

You can help by talking to your neighbors and friends, writing your representatives in government and contacting your insurance commissioner. Or, by talking to us.

Then maybe you won't just blame your insurance company and your agent.

The more people who understand the problem, the better prepared we'll all be to work out the solution.

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Washable
100% Dacron Polyester
2pc.-3pc.-5pc. sets
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Pillows
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1975 Chevrolet
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